

| WEEK #1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------|---------|-----------|----------|--------|
| Select 2 of the 4 components: | | | | | |
| 1. Milk (1 cup) | | | | | |
| 2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Alternate Protein Products (1 oz.) or Cheese (1 oz.) or Cottage Cheese (¼ cup) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup) | | | | | |
| 3. Juice or Fruit or Vegetable (¾ cup) | | | | | |
| 4. Grains/Breads* Bread (1 slice) or Cereal (¾ cup) Pasta and Grains (½ cup) | | | | | |
| Other foods (Do Not Count) | | | | | |
| WEEK #2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Select 2 of the 4 components: | | | | | |
| 1. Milk (1 cup) | | | | | |
| 2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Alternate Protein Products (1 oz.) or Cheese (1 oz.) or Cottage Cheese (¼ cup) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup) | | | | | |
| 3. Juice or Fruit or Vegetable (¾ cup) | | | | | |
| 4. Grains/Breads* Bread (1 slice) or Cereal (¾ cup) Pasta and Grains (½ cup) | | | | | |
| Other foods (Do Not Count) | | | | | |

Note: The quantities of food specified are the minimum serving sizes for children ages 6-18. Quantities must be adjusted for other ages.

*See "Serving Sizes for Grains/Breads in the After-School Snack Program" for specific serving sizes.